

ABSTRACT OF THE DISCLOSURE

A simple analytical method for determining antioxidant level in food product and body fluids such as urine is based on reduction of elemental iodine. The method adds an aqueous solution of iodine and an iodophor to the sample to be tested.

5 Polyvinylpyrrolidone is a preferred iodophor. Antioxidant materials in the sample reduce the elemental iodine and the reaction is monitored by measuring either a decrease in iodine or an increase in iodide ion. A preferred method of practicing the invention is to measure the change in iodide ion with an ion selective electrode and an appropriate electronic meter. The method rapidly and inexpensively produces antioxidant measurements that are

10 comparable to those produced by my more complex and cumbersome methods.